

Wild Berry Smoothie Bowl

Ingredients

1

LeafSide Super Berry smoothie

2 cups

plant milk
(recommend unsweetened almond or unsweetened vanilla almond)

2

frozen bananas

1 cup

frozen cherries

2 teaspoons

hemp seeds

2 cups

blueberries

1/2 cup

sliced strawberries

2 teaspoons

chia seeds

2 tablespoons

rolled oats

Jump start your week with a burst of berry energy! This sweet & invigorating meal is quick to prepare and destined to become a favorite for breakfast or anytime you'd like a blast of immune-boosting nutrients. Feel free to vary the toppings to change up the flavors & make your own lovely edible art!

Makes 2-4 Servings

PREP TIME: 10 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

◇ **Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)**

1. Pour LeafSide's Super Berry smoothie into a blender, and use plant milk (instead of water).
2. Add frozen bananas & frozen cherries and blend until smooth and thick.
3. Pour mixture into bowls; divide the toppings per serving & arrange in lines of hemp seeds, blueberries, strawberries, chia seeds, & rolled oats.

Other suggested toppings: chopped nuts, sliced banana, blackberries, goji berries, cacao nibs, unsweetened coconut, nut butter, lemon juice.

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Unique Whole
Plant Foods



Chill empty serving bowls overnight to keep your meal from getting soupy too quickly.

The Berry Best Antioxidants

From early childhood, our eyes are quickly drawn to bright, vivid colors in real food (watch out for those artificial dyes trying to fool you!) – especially in berries, as we know instinctively that rich and rare colors (blues, reds) mean rich nutrition. Only herbs & spices beat berries for phytonutrients and antioxidants, which boost your immunity to infections, cancers, heart disease, cognitive decline, and much more. ²